Monthly Progress Record

| Year |
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Fill out this form on the same day of each month. Compare your scores to see your improvement.

| | | January | February | March | April | May | June | July | August | September | October | November | December |
|----------------------------|----------------|---------|----------|-------|-------|-----|------|------|--------|-----------|---------|----------|----------|
| I Arm Raise — | reps | | | | | | | | | | | | |
| | lbs | | | | | | | | | | | | |
| Chair Stand | # of Stands | | | | | | | | | | | | |
| Bicep Curl - | reps | | | | | | | | | | | | |
| | lbs | | | | | | | | | | | | |
| Plantar Flexion | reps | | | | | | | | | | | | |
| Tidittai Tickion | lbs | | | | | | | | | | | | |
| Triceps Extension reps lbs | reps | | | | | | | | | | | | |
| | lbs | | | | | | | | | | | | |
| Dip | # of Dips | | | | | | | | | | | | |
| Knee Flexion – | reps | | | | | | | | | | | | |
| | lbs | | | | | | | | | | | | |
| Hip Flexion | reps | | | | | | | | | | | | |
| THE FICKION | lbs | | | | | | | | | | | | |
| Shoulder Flexion reps | reps | | | | | | | | | | | | |
| Silouluel Hexion | lbs | | | | | | | | | | | | |
| Knee Extension reps | reps | | | | | | | | | | | | |
| | lbs | | | | | | | | | | | | |
| Hip Extension reps lbs | reps | | | | | | | | | | | | |
| | lbs | | | | | | | | | | | | |
| Side Leg Raise | reps | | | | | | | | | | | | |
| Jide Ley Naise | lbs | | | | | | | | | | | | |